



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01252, Cheese product, pasteurized process, American, vitamin D fortified

Report Date: July 16, 2017 17:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	45.07	16	0.145	44.24	46.41	10.0	44.748	45.388	1	Analytical or derived from analytical	--	02/2016
Energy	kcal	307	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Energy	kJ	1286	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Protein ¹	g	16.09	16	0.177	12.63	18.12	8.0	15.677	16.494	1	Analytical or derived from analytical	--	02/2016
Total lipid (fat) ¹	g	23.06	16	0.262	21.51	26.58	7.0	22.442	23.681	1	Analytical or derived from analytical	--	02/2016
Ash ¹	g	6.94	16	0.174	5.79	9.62	6.0	6.505	7.365	1	Analytical or derived from analytical	--	02/2016
Carbohydrate, by difference	g	8.85	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Sugars, total ¹	g	6.24	9	0.091	4.57	7.18	2.0	5.889	6.586	1	Analytical or derived from analytical	--	02/2016
Sucrose ¹	g	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fructose ¹	g	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Lactose ¹	g	6.10	9	0.087	4.44	7.08	2.0	5.775	6.419	1	Analytical or derived from analytical	--	02/2016
Maltose ¹	g	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Galactose ¹	g	0.14	9	0.011	0.1	0.21	4.0	0.11	0.171	1	Analytical or derived from analytical	--	05/2015
Minerals													
Calcium, Ca ¹	mg	1375	16	73.555	809	2,510	5.0	1189.213	1559.866	1	Analytical or derived from analytical	--	02/2016
Iron, Fe ¹	mg	0.95	16	0.083	0.22	1.91	8.0	0.756	1.141	1	Analytical or derived from analytical	--	02/2016
Magnesium, Mg ¹	mg	34	16	0.757	23	37	6.0	32.116	35.78	1	Analytical or derived from analytical	--	02/2016
Phosphorus, P ¹	mg	768	16	36.011	470	1,290	5.0	676.85	858.887	1	Analytical or derived from analytical	--	02/2016
Potassium, K ¹	mg	295	16	9.849	174	357	5.0	270.536	320.337	1	Analytical or derived from analytical	--	02/2016

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Sodium, Na 1	mg	1279	16	9.296	1,120	1,540	9.0	1257.978	1300.173	1	Analytical or derived from analytical	--	02/2016
Zinc, Zn 1	mg	2.21	16	0.028	1.91	2.37	7.0	2.148	2.28	1	Analytical or derived from analytical	--	02/2016
Copper, Cu 1	mg	0.027	16	0.001	0.02	0.04	6.0	0.024	0.03	1	Analytical or derived from analytical	--	02/2016
Manganese, Mn 1	mg	0.061	16	0.004	0.03	0.1	5.0	0.05	0.072	1	Analytical or derived from analytical	--	02/2016
Selenium, Se 1	µg	16.2	3	--	15.3	18.8	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Calculated or imputed	01215	05/2011
Thiamin 1	mg	0.040	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2011
Riboflavin 1	mg	0.425	4	0.025	0.29	0.48	1.0	0.113	0.737	1	Analytical or derived from analytical	--	06/2015
Niacin 1	mg	0.170	1	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2011
Pantothenic acid 1	mg	0.463	2	--	0.41	0.73	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.124	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Folate, total	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	01215	05/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	01215	05/2011
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Choline, total ¹	mg	35.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Betaine ¹	mg	1.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Vitamin B-12 ¹	µg	1.52	3	0.042	1.4	1.6	1.0	0.996	2.054	1	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin A, RAE	µg	270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Retinol ¹	µg	248	3	--	212	265	--	--	--	1	Analytical or derived from analytical	--	06/2015
Carotene, beta ¹	µg	248	3	--	114	575	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha ¹	µg	1	3	--	0	2	--	--	--	1	Analytical or derived from analytical	--	05/2015
Cryptoxanthin, beta ¹	µg	23	3	--	2	34	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin A, IU	IU	1261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lycopene ¹	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Lutein + zeaxanthin ¹	µg	60	3	--	6	98	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin E (alpha-tocopherol) ¹	mg	0.84	2	--	0.65	1.8	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Tocopherol, beta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, gamma ¹	mg	0.04	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, delta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	6.5	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin D3 (cholecalciferol) ¹	µg	6.5	3	--	5.6	7	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin D ¹	IU	259	3	--	225	282	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin K (phylloquinone) ¹	µg	3.1	2	--	2.6	3.2	--	--	--	1	Analytical or derived from analytical	--	05/2015
Lipids													
Fatty acids, total saturated	g	12.931	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
4:0 ¹	g	0.442	16	0.005	0.4	0.5	9.0	0.431	0.453	1	Analytical or derived from analytical	--	02/2016
6:0 ¹	g	0.366	16	0.004	0.34	0.42	8.0	0.357	0.376	1	Analytical or derived from analytical	--	02/2016
8:0 ¹	g	0.241	16	0.002	0.22	0.27	10.0	0.238	0.245	1	Analytical or derived from analytical	--	02/2016
10:0 ¹	g	0.574	16	0.006	0.54	0.67	8.0	0.561	0.587	1	Analytical or derived from analytical	--	02/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.680	16	0.008	0.61	0.8	7.0	0.662	0.698	1	Analytical or derived from analytical	--	02/2016
14:0 1	g	2.095	16	0.023	1.96	2.46	7.0	2.041	2.149	1	Analytical or derived from analytical	--	02/2016
15:0 1	g	0.222	16	0.002	0.2	0.26	8.0	0.216	0.227	1	Analytical or derived from analytical	--	02/2016
16:0 1	g	5.899	16	0.069	5.39	6.82	8.0	5.74	6.058	1	Analytical or derived from analytical	--	02/2016
17:0 1	g	0.129	16	0.001	0.12	0.15	8.0	0.126	0.133	1	Analytical or derived from analytical	--	02/2016
18:0 1	g	2.235	16	0.030	1.95	2.53	8.0	2.165	2.306	1	Analytical or derived from analytical	--	02/2016
20:0 1	g	0.029	16	0.000	0.03	0.03	10.0	0.028	0.03	1	Analytical or derived from analytical	--	02/2016
22:0 1	g	0.013	16	0.000	0.01	0.02	7.0	0.012	0.014	1	Analytical or derived from analytical	--	02/2016
24:0 1	g	0.006	16	0.000	0.01	0.01	9.0	0.006	0.006	1	Analytical or derived from analytical	--	02/2016
Fatty acids, total monounsaturated	g	5.655	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.200	16	0.003	0.19	0.25	7.0	0.193	0.207	1	Analytical or derived from analytical	--	02/2016
15:1 1	g	0.000	16	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated 1	g	0.376	16	0.004	0.35	0.45	8.0	0.367	0.386	1	Analytical or derived from analytical	--	02/2016
16:1 c 1	g	0.307	16	0.003	0.28	0.37	9.0	0.299	0.315	1	Analytical or derived from analytical	--	02/2016
16:1 t 1	g	0.069	16	0.001	0.06	0.08	7.0	0.068	0.071	1	Analytical or derived from analytical	--	02/2016
17:1 1	g	0.041	16	0.001	0.04	0.05	9.0	0.04	0.042	1	Analytical or derived from analytical	--	02/2016
18:1 undifferentiated 1	g	4.993	16	0.055	4.46	5.53	7.0	4.864	5.123	1	Analytical or derived from analytical	--	02/2016
18:1 c 1	g	4.406	16	0.049	3.97	4.89	7.0	4.292	4.52	1	Analytical or derived from analytical	--	02/2016
18:1 t 1	g	0.587	16	0.007	0.47	0.66	6.0	0.569	0.606	1	Analytical or derived from analytical	--	02/2016
20:1 1	g	0.041	16	0.001	0.04	0.05	6.0	0.04	0.043	1	Analytical or derived from analytical	--	02/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated ¹	g	0.002	16	0.000	0	0.01	5.0	0.002	0.003	1	Analytical or derived from analytical	--	02/2016
22:1 c ¹	g	0.002	16	0.000	0	0.01	5.0	0.002	0.003	1	Analytical or derived from analytical	--	02/2016
22:1 t ¹	g	0.000	16	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
24:1 c ¹	g	0.001	16	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	02/2016
Fatty acids, total polyunsaturated	g	0.990	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
18:2 undifferentiated ¹	g	0.800	16	0.012	0.69	0.9	8.0	0.772	0.828	1	Analytical or derived from analytical	--	02/2016
18:2 n-6 c,c ¹	g	0.530	16	0.009	0.46	0.61	8.0	0.51	0.551	1	Analytical or derived from analytical	--	02/2016
18:2 CLAs ¹	g	0.112	16	0.002	0.09	0.14	6.0	0.107	0.117	1	Analytical or derived from analytical	--	02/2016
18:2 t not further defined ¹	g	0.158	16	0.003	0.13	0.17	9.0	0.151	0.164	1	Analytical or derived from analytical	--	02/2016
18:3 undifferentiated ¹	g	0.095	16	0.001	0.08	0.11	11.0	0.092	0.097	1	Analytical or derived from analytical	--	02/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.090	16	0.001	0.07	0.11	8.0	0.087	0.092	1	Analytical or derived from analytical	--	02/2016
18:3 n-6 c,c,c ¹	g	0.003	16	0.000	0	0	6.0	0.002	0.003	1	Analytical or derived from analytical	--	02/2016
18:3i	g	0.003	16	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	02/2016
18:4 ¹	g	0.005	16	0.000	0	0.01	10.0	0.005	0.006	1	Analytical or derived from analytical	--	02/2016
20:2 n-6 c,c ¹	g	0.005	16	0.000	0	0.01	10.0	0.004	0.005	1	Analytical or derived from analytical	--	02/2016
20:3 undifferentiated ¹	g	0.024	16	0.000	0.02	0.03	10.0	0.023	0.025	1	Analytical or derived from analytical	--	02/2016
20:3 n-6 ¹	g	0.023	16	0.000	0.02	0.03	9.0	0.022	0.024	1	Analytical or derived from analytical	--	02/2016
20:4 undifferentiated ¹	g	0.030	16	0.000	0.03	0.04	10.0	0.029	0.031	1	Analytical or derived from analytical	--	02/2016
20:5 n-3 (EPA) ¹	g	0.008	16	0.000	0.01	0.01	10.0	0.008	0.009	1	Analytical or derived from analytical	--	02/2016
22:4 ¹	g	0.005	16	0.000	0	0.01	8.0	0.005	0.006	1	Analytical or derived from analytical	--	02/2016

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.013	16	0.000	0.01	0.01	11.0	0.013	0.014	1	Analytical or derived from analytical	--	02/2016
22:6 n-3 (DHA) ¹	g	0.002	16	0.000	0	0	8.0	0.002	0.002	1	Analytical or derived from analytical	--	02/2016
Fatty acids, total trans	g	0.817	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Fatty acids, total trans-monoenoic	g	0.657	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Cholesterol ¹	mg	78	3	--	71	80	--	--	--	1	Analytical or derived from analytical	--	05/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15e, 2011 Beltsville MD